



Minidoka County School District #331

"Empowering Students for Success"

Minidoka County School District Quick Reference Curriculum Guide – 2 Grade Physical Education – March 2018

STANDARD 1: SKILLED MOVEMENT

Goal 1.1: The physically literate individual demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

- Demonstrate and identify mature forms of a variety of locomotor, non-locomotor and manipulative patterns with control. (K-2.PE.1.1.1)
- Demonstrate movements using concepts of effort, relationships, and body and space awareness (directionality, kinesthetic and temporal). (K-2.PE.1.1.2)
- Demonstrate a combination of movements. (K-2.PE.1.1.3)
 - Demonstrate balance, coordination, laterality, directionality, spacial awareness, and change shapes by yourself or in relation to one or more partners.
 - Demonstrate walk, run, hop, jump, leap, gallop, slide, and skip by grouping and patterns through creative movements.
 - Learn formations, i.e., scattered, circle, square, lines, star... - perform a right-hand star using four people.
 - Show sequencing of locomotor and non-locomotor skills - perform a step-stomp-stomp pattern.
 - Display a knowledge of established patterns - participate in a simple square dance.
 - Recognize partner and non-partner groupings - move from an individual position to a do-si-do.
 - Recognize cultural heritage and origins of various folk dances - identify the country associated with a specific dance.
 - Acknowledge and apply etiquette associated with folk dance - demonstrate bow or curtsy to a partner.

STANDARD 2: MOVEMENT KNOWLEDGE

Goal 2.1: The physically literate individual demonstrates understanding of concepts, principles, strategies and tactics related to movement and to the performance of physical activities.

- Identify basic movement concepts that vary the performance of movement. (K-2.PE.2.1.1)
- Improve performance by varying quality of movement. (K-2.PE.2.1.2)
 - Improve the skills bend, stretch, twist, turn, swing, sway, push, and pull through movement activities and exercise.
 - Throw - demonstrate the difference between an overhand and underhand throw.



Minidoka County School District #331

"Empowering Students for Success"

Minidoka County School District Quick Reference Curriculum Guide – 2 Grade Physical Education – March 2018

- Catch - toss a ball or bean bag above your head and catch it.
- Kick - kick a moving ball.
- Strike - strike yarn ball or tennis ball with extension of hand (racquet, paddle, or bat).
- Bounce - throw a ball at wall, bounce ball off wall then floor and catch.
- Understand and demonstrate balance - walk forward and backward on a 10-foot-long by four-inch-wide balance beam.
- Demonstrate agility - start and stop, change directions and levels.
- Understand and demonstrate speed - run a designated distance for time.
- Demonstrate coordination - mirror the movements of a leader or partner.
- Understand and demonstrate power - demonstrate a jump and reach.
- Understand tempo, beat, meter, accent, mood, intensity, phrase and rhythmic patterns - keep time to the beat using various body parts.
- Interpret and move to different rhythms - exhibit various locomotor movement to a beat.
- Use props as a means of creative expression. Use props which teach mathematics and geography – using props develop a creative movement routine.
- Learn to juggle with scarves - juggle scarves with continuous movement.
- Basketball Fundamentals - dribble, pass catch, shoot.
- Softball Fundamentals - throw, catch, bat, base running.
- Racquet fundamentals - gripping, striking.
- Volleyball fundamentals - receiving, passing.

STANDARD 3: HEALTH ENHANCING PERSONAL FITNESS

Goal 3.1: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical fitness.

- Participate and sustain moderate or vigorous activity. (K-2.PE.3.1.1)
 - Rope Jumping: Assess rope size.
 - Rope Jumping: Turn the rope.



Minidoka County School District #331

"Empowering Students for Success"

Minidoka County School District Quick Reference Curriculum Guide – 2 Grade Physical Education – March 2018

- Rope Jumping: Identify and perform various foot patterns.
- Rope Jumping: Work with two or more individuals to turn and jump with long rope.
- Identify the physiological signs associated with physical activity. (K-2.PE.3.1.2)
- Know the components of health-related fitness. (K-2.PE.3.1.3)
 - Learn and demonstrate knowledge of cardiovascular fitness - feel the difference between a resting heart rate and a heart rate after extended activity.
 - Learn and demonstrate flexibility - demonstrate the ability to stretch and bend the body with ease.
 - Learn and demonstrate muscular strength - perform a modified sit-up.

STANDARD 4: PERSONAL AND SOCIAL RESPONSIBILITY

Goal 4.1: The physically literate individual exhibits responsible personal and social behavior that respects self and others in physical activity settings.

- Apply teacher rules, procedures and safe practices with little or no reinforcement. (K-2.PE.4.1.1)
- Work cooperatively with a partner to complete tasks. (K-2.PE.4.1.2)
- Exhibit self-control in movement. (K-2.PE.4.1.2)
- Recognize and support differences. (K-2.PE.4.1.3)

STANDARD 5: VALUING A PHYSICALLY ACTIVE LIFESTYLE

Goal 5.1: The physically literate individual participates daily in physical activity and recognizes its value for health, enjoyment, challenge, self-expression and/or social interaction.

- Participate daily in moderate to vigorous physical activity during and outside of class. (Recommended by NASPE: At least 60 minutes and up to 2 hours per day with several bouts of physical activity lasting 15 minutes.) (K-2.PE.5.1.2)
- Explore and participate in health enhancing physical activities. (K-2.PE.5.1.1)
 - Express feelings about participation during physical activity. (K-2.PE.5.1.3)
- Define one activity associated with each component of health-related fitness.